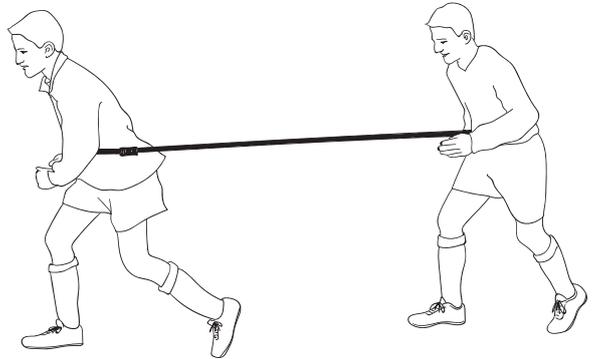


EVASION BELT

The Playing Area

The Evasion Belt comprises two adjustable, webbed belts worn around the waist and joined together by means of webbed leads linked by a velcro patch fastening which comes apart easily. When joined together the leads form a single lead which is 1.67m (5'6") long representing the maximum distance between the players at any one time.

The Belt is designed to hone and develop defensive and attacking skills in close contact sports such as Football and Rugby where attackers must distract and seek to elude defenders, and defenders must be able to anticipate the intentions of the attacker and respond quickly to the directional movements of the attacker.



The Belt is suitable for training regimes for two players, one player assuming the part of the attacker or "dodger" and the other player being the defender or "checker". The aim is for the dodger using speed and feinting to evade the checker such that he moves sufficiently far away from the checker for the velcro link to be broken. The checker, of course, using his or her anticipatory skills, seeks to avoid the tenuous link being broken.

Each separate drill comprises a set period of time which can be increased as the players skills improve. Initially the series of drills could comprise say ten spells of a half a minute each with the players alternating between the roles of dodger and checker. The necessary competitive edge can be introduced into the regime by using a points system so that during any given drill, the dodger scores a point each time the link is broken and the winner is the player who scores the most points during a series of drills. The starting position for the usual routine is with the two players facing each other and the players permitted to move in any direction - backwards forwards, sideways, "freezing", etc but these guidelines may be modified to suit particular needs:

The Crab: sideways movements only - backwards and forwards movements prohibited.

The Charge: forward and sideways movements only - backtracking prohibited.

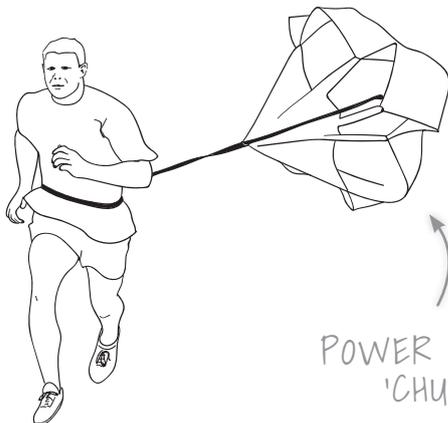
The Dash: The players assume starting positions for a race on the "ready: get set: go" principle, and the players race an agreed course with the object of one player getting sufficiently far in front of his opponent for the link to be broken.

The Chase: The players assume starting positions for a race but instead of racing an agreed course the player in the lead at an agreed point sets the course and by using speed and multi-directional movements seeks to "shake off" the opponent.

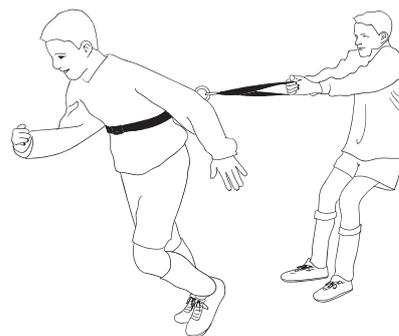
(The Dash can be further varied by the players adopting various starting positions other than the conventional athletics race, e.g. sitting down, lying down, squatting, etc.)

There are, of course, many other variations which may be devised and we hope very much that you will enjoy using the Evasion Belt and benefit from the various drills which can be undertaken. If you devise a game of your own, using the Evasion Belt, which you believe would be particularly enjoyed by others, please let us know and we will be happy to feature it in future leaflets.

Other products in this range



POWER SPEED
'CHUTE



POWER SPEED
RESISTOR